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THURSDAY, JUNE 23, 1904.

The Times-Dispatch takes the full Associated Press Service, the London Times War Service and the Hearst News General News Service and has its own correspondents throughout Virginia and North Carolina and in the leading cities of the country.

If you go to the mountains, seashore or country, have The Times-Dispatch

go with you.
City subscribers before leaving the olty during the summer should notify their carrier or this office ('Phone 38) if you write, give both out-of-town

Republican Arrogance.

"The responsibility of government rests

So said Secretary Root, in his adbefore the National Republican to say that the Republican party should be permanently entrusted to men should be permanently in control of the

In contradistinction to Mr. Root's doc trine, these principles are set forth in the Virginia Bill of Rights: "That no lege from the community; but in consideration of public service, which not being descendible, neither ought the of-

ate and distinct; and that the members thereof may be restrained from oppres burthens of the people, they should at tion, return into that body from which cancies be supplied by regular elections. in which all or many part of the former gible, as the laws may direct."

but by a firm adherence to justice, modtal principles."

By his arrogant speech Mr. Root, a rep resentative Republican, a prominent member of the President's Cabinet, has offered additional proof that the time has come for the people of these United States to reduce the Republican office-holders to ranks, to put Democrats in their places, and seturn to "fundamental principles."

The Jury System.

At a meeting of the North Carolina Bar Association the Committee on Law and Legislative Reform presented a report recommending that all persons be liable for jury duty, except ministers of the the authority to excuse any person from jury service, and with the further proviso that no one should be excused except for important reasons.

That is a wise recommendation, and it should be the law in every State. We know all the arguments that are made In favor of exemptions, but they are, to our way of thinking, insufficient. The the efficiency of those who serve. The better the personnel of the jury, the better the jury service, and the courts should have the whole body politic from some places so many good citizens are exempt that the courts frequently have difficulty in getting sultable juries to attend to the trials. As a result, inefficient men are selected to try the most empt are usually the first to protest and the loudest in their protestations.

some men upon occasion to be compelled time, to the neglect of their personal cretion and consideration, and even if it be a sacrifice, every good citizen should be willing to do that much in the in-

of trial. But no system can be better than the men who administer it, and the july system will be good, bad or indifferent according to the capacity and charac-

Keep Cool.

The term "keeping cool" is often employed as a figure of speech. It implies mental and spiritual equilibrium in times of emergency and excitement. Figura-

flower boxes in the windows, plentifully fresh as possible with generous sprinktings of water, and there should be vase:

nore than this in the interest of the

and the hot season will be bereft of mos of its discomfort and all its terrors, ever though it must be spent in the city.

Portland, Me., Mr. Joseph Lee, a Boston philanthropist, who has made the develpment of playgrounds and of boys on playgrounds a life work, read a paper School System." In conclusion he said:

"To the boy playing foot-ball the losing of himself in the consciousness of the team, utterly subordinating his individual aims to the common purpose, is not a aims to the common purpose, is not a matter of seif-sacrifice, but of seif-ful-filment, the coming into his birthright, the satisfying of his human necessity of the satisfying of his human necessity of socialization, of becoming a part of a social or political whole. What is being horn in that boy is the social man-man the politican, man the citizen; and it is my belief that in most instances this political or social man will get himself thoroughly and successfully born in no other way."

under proper direction as a means of teaching important lessons in civic duty, city of Louisville, as a means of teachtheir own rules and regulations, elect

the need for the kindergarten in formrule, that the boy who learns in early life to "play fair" will, when he grows up, deal honestly and justly, with his fel-

The Republican Platform.

The Republican platform of 1904 is but a reaffirmation and a reputition of the platforms of other years. It claims that all the blessings of the American people, material, mental and spiritual, are the gifts of the Republican party. and makes the announcement with a show of righteous condescension. It speaks as though the record of the party were without spot or blemish, and for the future it promises high protection, ship subsidies, liberal pensions, reduction of the South's representation in Congress, and four years more of Roosevelt. What an opportunity for the Demcerats to nominate Cleveland and sweep

the American people that in spite of the large accumulations of surplus money in fnancial centers, in spite of the low rate of interest which such accumulation necessarily implies, and in spite of the conservative prices of stocks and bonds, there is no tendency whatever towards heavy speculation. This is to be accounted for in part by the fact that there is a reaction in trade, and that a presidential campaign is soon to open, but more especially because the people

almshouse of Richmond, and who has invariably practiced the virtues which he

An Associated Press dispatch from Freemont, Neb., says that "the resolution introduced by Senator Allen in the Populist State Convention last night is generally admitted to favor fusion with the Democratic national ticket should William J. Bryan secure control of the

St Louis Convention." Doubtless. If Mr. Bryan should make the platform, it would be entirely satisfactory to Populists.

Ion Perdicaris was at one lime an actor and such a poor one he had to give that when he gets his release papers he may again hit the stage. This fear has once rantankerous for his immediate re-

correspondence, absolutely knows nothing of the schemes of his warm friends and adherents for the grandstand finish

We infer from this that Mr. Cleveland s not remembered among the readers of our esteemed contemporary.

Governor Yates, of Illinois, is bound the nomination for Governor he has now entered the ring as a candidate for the

ortunity to let the people of these United States know what the Department of Commerce and Labor is good for. Let his investigation of the "General Slocum"

One woman appears at Chicago as a delegate and a half a dozen have shown up as alternates. They come from the freak States along the Rocky Mountains which have woman suffrage.

An inquirer wants to know why girl graduates always dress in white. Because it is the policy of colleges for girls to make their commencements as colorless as possible.

he hasn't said anything, but the presumption is that he is sorry he voted for President Roosevelt had pulled the

teeth of all the convention animals before they got to Chicago, and, of course the convention is tame, too tame. The Chicago Convention is distinctly

gramme is cut and dried. Democrats abhor a cut and dried affair, Parker is defended and commended-by a leading Republican newspaper of New

Secretary Cortelyou is just the man to Committee. He ought to have something

dusion that he will not be able to evangelize the world right off the bat.

The tinder box on land or water must

pertinent enough to suit Colonel Wat-

Thus far no city emplye has resigned

natural for Mr. Hitt to think he is "Itt." Cripple Creek was evidently christened

The "Lily Whites" are not type high in the Chicago Convention

Bad Boys in West End.

That manufile scatthers. "Boys will be boys." covers a vante ambunt of downright rowdyism and vandalism.

On my square in the evenings after tea, when ladles and gentlemen are on their porches. If there is the process of the block. Their yells and screeches are domonial and senseless. It is not unpleasant to hear the ordinary mirthrill voices of children, but this hawling, yelling, screeching is as disgraceful as unnecessary. Sad and shaneful to relate, some of the parents of these children sit and gaze at the parents of these children sit and gaze at the parents of these children sit and gaze at the parents of these children sit and gaze at the parents of these children sit and gaze at the parents of these children sit and gaze at the parents of these children sit and gaze at the parents of these children sit and gaze at the parents of these children of several blocks will get on one block they like, and make it their regular playsround. The boys take sticks and wheek the tree-boxes and rackins the new sent of the content of the sent of the content of the sent of the sent of the sent of the sent of the parents in the new sent of the content of the parents of the sent of the

put a stop or principals?

I hope our Mayor-elect will see these letters and make a note of them; and I hope some others of the hundreds of our cilizens who are enduring these annoyances, will write to the papers and air their grievances.

Civic League also take notice.

"SUFFERER."

Bright's Disease

but more especially because the people have learned some valuable lessons from their late experiences. A year ago there was a tremendous fall in the price of stocks and fortunes were lost in a day. The lessons of adversity are not sweet, but they are most impressive.

The address of our fellow-citizen, Mr. George B. Davis, before the National Conference of Charitles and Correction at Portland. Me., was worthy of the man il t was full of the tenderest sympathy with the afflicted who must make their homes in the public institutions of charity, and it was the more impressive because it was spoken from a tender heart, from the tender heart of a man who has for years been superintendent of the

HOW TO REDUGE EXCESS OF FLESH.

Take ten or twenty breaths at the open window every morning when you first get ip, through the nose, keeping chest well sovered. Sleep seven hours out of the twenty-

will be useful in the flesh-reducing bustness.

After the exercises take a splendid scrub bath with tepid water and it good soap. Scrub hard until you are red all over, rinse with tepid or cold water, and rub well with as coarse a towel as you can get.

After that, if you can take a horseback ride or a vigorous two-mile walk, so much the better.

If you walk, wear a sweater, a loosely belted skirt and comfortable shoes with rubber heels. Make a business of the walking. Get into a fine perspiration. Go home and rub dry with a towel before getting into different clothes.

For breakfast cat fruit, a slice of whole

Go home and rub dry with a towel before getting into different clothes.

For breakfast eat fruit, a silce of whole wheat bread, or a glice of gluten bread, or a shredded wheat biscult.

Make a business of water drinking. Drink at least two quarts of water a day between meals—distilled water preferred. Naver lie down after meals. Read or rest awhile, but do not go to sleep. If you are in business and your time is your own, go into everything yolf, tennis, walk as much as possible (that is the cheapest of all and best), ride horse-back, punch the bag, use an exerciser, row and swim.

If you do housework, go into it with vim, and take all the steps you can Work outside. If you are fortunate enough to have a yard, rake the leaves and stoop over as much as possible. Never save yourself a step.

For lunch eat a saind made of as many vegatables as you cam get; lettuce, tomato, onlons, eucumbers (if fresh), a bit of finely chopped cabbage, and added asparagus or string beans if you have them. With the saind eat a slice or two of whole wheat bread (not fresh), shedded wheat biscuits or gluten bread or gluten wafers.

Eat as much spinach as you can, or very soft-boiled eggs), stewed tomates, or more saind, stewed onions, whole wheat bread tonsteed and a wine gluss of orange juice.

I am a great believer in uncooked food, but it is going to take people quite a

I am a great believer in uncooked food, but it is going to take people quite a willie to get into that way of thinking. I cannot feel that it is right to eat much meat during the summer morths. I will give a list or non-fattening foods and you can select from this list and know that what you eat will help you to take off the pounds you want to lose. Fresh fish, multon, lamb or beef, chicken, turkey, and all kinds of game; curdled, soft-boiled or ponched eggs; cell the curdled soft-boiled or ponched eggs; cell tomatoes, string beans, beet tops, water cress and fresh cutumbers; whole wheat bread (stale or toasted), shredded wheat bread striscnits, gluten bread and glutten wafers; all kinds of fruit in moderation, but those with the most acid preferable. Distilled water, lemonade and any kind ages-between meals.

Stewed tomatoes, thickened with eggs—eggs beaten and stirred in just as the tomatoes are ready to be gerved—three or four eggs to a can of tonutoes—is a palatable and nourishing dish, and non-fattening.

Buy a cabinet bath (you can get a good one for \$3.50) and take your own Turkish baths at home. They are a heap more healthful than to go to a Turkish bath place and inhale that foul air in the hot room where all kinds of people go. If you have the cabinet, while your body is perspiring your head is out in the fresh air. (Have the room well ventilated.)

Put your feet in hot water and have some one give you a sip of cold water occasionally. Never take one of these baths when you are alone. Have some one give you as in of cold water occasionally. Never take one of these baths when you are alone. Have some one with you to button you in, hand you the drinking water and help you out.

Stay in from eight to fifteen minutes, until you are perspiring freely, then get into your bathtub and have a fine scrub in water slightly warmed, these with cool water, rub well with crash towels.

Take a cabinet bath once a week. They are certainly a great luxury and very beneficial to every one. They are a great into you but the first reducing business, but once a week is often enough, for any one.

I do not believe in steaming the face, I used to advocate doing it about once a went, but I am sure it hurts the face after a while. Use cold water, mostly on the face, with a bit of listerine and

8-8-8-8-0-0-6-6-0-0

Virginia Editors.

The Claremont Herald pays its town

his rather doubtful compliment:

Half Hour With

Namette Magruder Pratt Tells
Fleshy Women How to Lessen Their Weight—Directions for Daily Living—Suitable
Menus—List of Non-Fattening Foods—Cabinet Bath—Important Exercises.

By Nannette Magruder Pratt.

(Author of "The Baby Beautiful") of the Baby Beautiful") of the Baby Beautiful" of the Baby Beautiful of the Baby Baby Beautiful of the Baby B

veryone.
If possible be by an open window or utdoors when you take this exercise, so s to get fresh air into your lungs. Lie your and rest a few minutes when rrough.

outdoors when you take this exercise, so as to get fresh air into your lungs. Lie down and rest a few minutes when through.

"DIPS OF FINGERS TO LLOOR—To limber the walst and back muscles raise hands high over head; then, with knees stiff, stoop over and try to touch the floor with the tips of your fingers. Take a deep breath as you raise your hands over your head and expel as you come down. That is a fine exercise. Not only will it limber inp the waist and back muscles, but it will very soon reduce a too large abdomen if done faithfully. Stoop over about ten times at first, and then increase is twenty-live and fifty times as you grow in strength. Very few propic can touch the floor with their finger-ups without bending the knees, but just keep trying—do not get discouraged—even if the fingers are two feet from the floor at first it will not be long before you will be able to touch the floor. Consant practice does it.

This is, also, one of the exercises I give for constipation.

Nearly everyone's muscles are rusty at the waist line, so this is a good exercise for fleshy, thin and medium-sized people.

Elaber WAIST—Stand erect, heels together. Take a deep breath. Put left hand high in the air, arm close to the head. Hight arm close to the bedy from the right. Right hand raised in the right and the down to the side, lean body over to the left. Do that ten times, moving the hody from side to gide, holding the breath and expelling every tew seconds.

This will take off superfluous flesh in the region of the waist, make the waist supple, and is a fine exercise for the liner. This will take off superfluous flesh in the region of the winst, make the waist supple, and is a fine exercise for the liner. This will take off superfluous flesh in the waist supple, and is a fine exercise for the liner. This will take off superfluous flesh in the waist supple, and is a fine exercise for the liner. This is a grand exercise. It devel

SIT UP-Still on the floor, with hands

atserf. You should try this exercise twice a day. It will serve to remind the muscles of your legs, chest and back that they have work to do. It will, also, keep your liver and kidneys from getting sluggish.

sluggish.

This is another exercise for reducing superfluous flesh on the abdomen. You see, frictions creates heat, and heat destroys fat.

RAISE KNEES TO CHEST-Stand RAISE INNEES TO CHEST-Stand crect. Take a deep breath. Bond knee of right leg and try to touch your shoulder with it. Do that ten times, breathing, holding breath and expelling. Then the other leg ten times. Of course, if you are fleshy, you cannot come anywhere har your shoulder at first, but just keep on trying, and you will find that you can go a little higher each day. That will help to reduce a large abdomen.

This is fine for the liver and walst muscles, as well as for the legs.
Take the run several times during the exercising.—(Copyright, 1904, by Joseph B. Howles.) KNEES TO CHEST-Stand

The Manassas Journal says: While Mr. Montague seems not to have been in the ascendency at the Richmond convention, it can not be dealed that the convention endorsed the primary for which issue Mr. Montague and his friends

stood sponsor.
Pittsylvania Tribune observes: 6-0-6-0-0-0-0-0-0-0 The Pittsylvania Tribune observes:

If, as some one says, when a man
gets to be Governor of a State, he is
generally shelved, so far as further politival office is concerned, why is it that
the woods are full of candidates before
a nomination takes place, and every one
cager to make the sacrifice. It must be
that the aspirants do not place much
faith in such remarks. The Blackstone Courier expresses this president has at last been chosen for the great University of Virginia, that every-

out first, will settle down, to the end that the school may go forward in its great work of success and education. Let the past be forgotten and all look forward to the brightest of all days for that institution. YOU MUST EAT,
But then there's the fear of the pain and distress that always follows. Why not strengthen the stomach by teking Hostetter's Stomach Bilters and be able to enjoy your meals. It is far above any other medicine as a stomach strengthener and blood purifier and never fails to cure Poor Appetite. Dyspepola, Indigestion, Flatulency, Bloating, Hearthurn, Headache and Naussa. Try it and see for yourself. At all Druggists. this rather doubtful compliment:
Did it ever occur to you that Claremont-on-the-James is un'que in many respects, and one in particular? We are moral and law-abiding, and that without taking pinches of sait either. We have no use for jails, the sergeant having had no practive in making arrests, would not know how to go about performing such an operation, If we had our streets cleared up, curb replaced by a band stand, sidewalks repaired; rubbish from the recent fire removed, one would think Claremont another one of Dowle's Zion

HOSTETTER'S STOMACH BITTERS.

CASTORIA

for Infants and Children.

The Kind You Have Always Bought has borne the signapersonal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children-Experience against Experiment.

The Kind You Have Always Bought

Chat Hetchers. In Use For Over 30 Years.

JUNE 23D IN WORLD'S HISTORY.

St. Alban, the first martyr for Christianity in England, beheaded at Verulam in Hertfordshire. Nearly five hundred years after his death his memory was honored by Offa, King of the Mercians, who built a stately monastery over him, whence the town of St. Albans

Richard III., published his famous proclamation, stating that Henry Tudor intended to "change and subvert the laws of the realm and to do the most cruel murders, slaughters and robberies and disherisons, that were ever seen in any Christian country."

1596. Cadiz surrendered to the English by capitulation. A ransom of 120,000 crowns was paid by the inhabitants for their lives and the town and merchandise were abandoned to the rapacity of the con-

1606.

Henry Garnet, provincial of the Jesuits, executed for the "gunpowder plot."

Charles II. arrived on the coast of Scotland, but was compelled

to take the covenant before landing. The Duke of York conveyed a part of his tract in North America to John, Lord Berkley, Baron of Stratton, and Sir George Carteret, by the name of Nova Caesarea, or New Jersey. Thus the New Neth-

erlands became divided into New York and New Jersey. 1687.

M. Cenonville, with 1,500 French and 500 Indians marched from Canada for the purpose of humbling the Seneca Indians. When he had reached the foot of a hill about a mile from the principal village of the Senecas, he aroused an ambush of 500 Indians, which at first threw his army into confusion, but they soon rallied again and the Senecas were defeated with the loss of 80, and laid their own village in ashes. The French found only two old men, whom it is alleged, they cut in pieces and boiled to make soup for the allies.

1736.

Achmet III., ex-Emperor of Turkey, died, aged seventy-four. He waged war with Russia, Persia and Venice successfully and is entitled to some regard for the hospitality he showed to that unfortu-

nate madman, Charles XII., of Sweden.

Battle of Springfield, N. J., the British took the town and burned it and retreated.

Useful Suggestions For Summer Campers.

mprovising Pillows, Quilts, Etc., From Small Bundles of Calico-No Need of Carrying Tool Handles-Woollen Foot Bags. Preservatives of Canned Foods Promote Dyspepsia.

By F. L. Oswald, A. M., M. D.

Remedies of Nature," Etc.)

T HERE is a story about a family of southern emigrants who discussed the selection of traveling baggage till the paterfamilias terminated the controversy by uprooting the entire log cabin and fileating it down the Mississippi on a flatboat. Cargoes of similar dimensions are some-

ing it down the Mississippi on a flatboat.

Cargoes of similar dimensions are sometimes shipped by the caterers of epicures, who insist upon home comforts at their camping grounds, but on foot trips the choice of executials becomes a problem of different significance, and can often be solved only by the test of personal experience.

As a rule summer tourists are apt to underrate the local resources of camps, even in a primitive wilderness. An "air cushion," for instance, might seem an invaluable invention for the convenience of travelers, but would be rejected by old campaigners, who have found that a home-made contrivance of much less than half the weight can be made to answer the same purpose. A double sack of black calico—a bag within a row of hook and eyes. A pillow slip of that sort can be folded easily and open—a at a moment's notice to be filled with a stuffling of dry leaves or moss.

Bedsacks and quilts can be compounded on the same plan; holiday quilts by distributing the stuffling as evenly as possible and then clinching the arrangement with zigzeg stitches of a large needle and a string of hardware twine.

But where is the special fitness of black fabrics? The difference is this Dark colors make dry goods justify their name. They dry more readily. Black is an "assorbent" color, drinking in althe sunlight in reach; white rejects light; a black tent would dry anormality quick, actually steaming uner the rays of the summer sun, before white canvas would show signs of repeatance. Calleo is a most as light as paper, and the material for a complete camping couch could thus be carried as easily as a pocket novel with siep-promoting dialogues.

Another expert maxim is the rule to carry no tool handles, but rely on wood-

couch could thus be carried as easily as a pocket novel with sleep-piomoting dialogues.

Another expert maxim is the rule to carry no tool handles, but rely on woodland substitutes and the tolerance of their proprietor. An amateur zoologist of my acquaintance tried to impress the Tennessee mountaineers with a burnished butterfly catcher—sleaming copper wire and a long varnished handle. The net was of blue gauze, and as an object lesson in color studies the combination was a shiring success, but the leng handle kept catching in the bushes and splintered before we had got it half way, up the mountains. The blue gauze net came in shreds till it looked as antiquated as a Connecticut blue law, and had to be mended with all the pins we could muster. Up in the camp, another traveling companion, who had forborne comments, untied a package that might have been carried in a breast predict, but preyed to contain a vard of netting gauze a colled wire and an assoriment, gauze a colled wire and an assoriment gauze at a colled wire and an assoriment gauze at a colled wi

his cafcher in good working order. It is
the same with axes, hore and spades.
Extra hatchet irons of good steel can
nowedays be bought detached, in many
hardware stores. In a home-made assoriment of tent outfit, carried by a scoul
of my acquaintance, the very frying-pan
handle was packed up separate, but
could be inserted as quick as a stove
lifter. Some half dozen small tin dishes
were packed concentric-one within the
other—the central one filled up with all
sorts of small sundries.

In addition to such dishes tourists
should carry a leather drinking cup,
folded up like an envelope, and preferable
to tinware that would disturb sanctuaries
of silence with its clatter. A cup of that
kind, a pocket knife, a small coll of
strings, needle and thread, pocket compass, a few strips of adhesive plaster, a
small note-book and lead pencil, comb
and looking-glass, and perhaps a little till
box with matches, should constitute the
contents of a haversack on supplementary excursions, when less portable outint has to be left in camp. On protracted outings a woolen foot bag will
reve useful at any season of the year.

Advice to fourists trying to save trouble with the sid of canned comestibles: "Don't."

There is such a thing as dyspepsia, and its potent aggravations are the "preservatives" used by many wholesale can be a such as There is such a thing as dyspepsia, and its potent aggravations are the "preservatives" used by many wholesale canners. Amateur food preservers wonder why their compounds do not "keep" as well as those of the professional, and little dream that the capacity for decomposition also guarantees digostion. There are kinds of baked beans that can be exposed on an open dish and warranted to resist the summer climate for weeks together, the factors of dishitegration cannot prevail against that preservative, mor can the human stomach, except after a struggle like that of Buddha in the realm of hightmares. There are exceptions their list ought to be published by the government analysts), but in the meantime it is safer to invoke the aid of a good camp fire, in a two-gallon iron kettie navy beans can be cooked in half an hour; rice and potatoes in fifteen minutes.—(Copyright, 1904, by Joseph B. Howles).